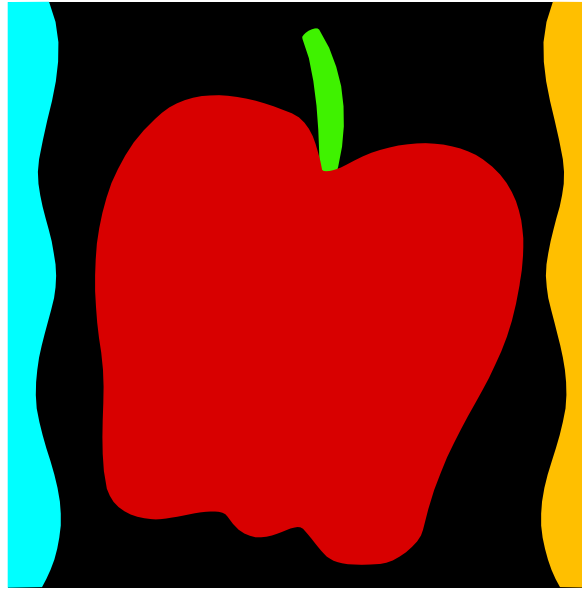

Healthier Kansas Menus - Breakfast



WEEK 1 – DAILY PRODUCTION RECORDS

Child Nutrition & Wellness, Kansas State Department of Education - 2010

Healthier Kansas Menus - Breakfast – WEEK 1 – DAILY PRODUCTION RECORDS



Child Nutrition & Wellness Kansas State Department of Education

120 SE 10th Avenue
Topeka, Kansas 66612
785-296-2276
FAX: 785-296-0232
www.kn-eat.org

For further information about this publication, please contact Cheryl Johnson, Director, Child Nutrition & Wellness at the phone number above or email: csjohnson@ksde.org.

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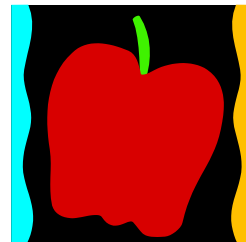
- *School Nutrition* magazine, November 2009, www.schoolnutrition.org
- *Waking Up School Breakfast*, Child Nutrition & Wellness, Kansas State Department of Education
- *Preparing Whole Grain Foods*, Child Nutrition & Wellness, Kansas State Department of Education
- *USDA Recipes for Schools*, U.S. Department of Agriculture, Food & Nutrition Service, Child Nutrition Programs, 2006.
- National Pork Board, www.pork.org
- Pinnacle Foodservice, www.foodservice.pinnaclefoodscorp.com
- USD 201 Washington County
- USD 320 Wamego

Menus for the Week

PLEASE NOTE:

Milk choice includes a choice of non-fat or 1% milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Nutrient Averages	
Aloha Muffin Square Whole Grain Cereal Grapes Milk Choice	Star Spangled Pancakes Sausage Links Fruit Juice Choice Milk Choice	Whole Wheat Bagel with Toppings Fresh Orange Milk Choice	Breakfast Pita with Tomato Salsa Hash Brown Potatoes Kiwi Milk Choice	Breakfast Lasagna Fruit Cocktail Milk Choice	K-12 Calories 557 Cholesterol (Mg) 35 Sodium (Mg) 904 Fiber (G) 5.48 Iron (Mg) 3.95 Calcium (Mg) 546.3 Vitamin A (IU) 1092 Vitamin C (Mg) 50.22 Protein (G) 21.45 Carbohydrate (G) 87.02 Total Fat (G) 13.02 Saturated Fat (G) 3.18	Target 554 75 1000 2.50 2.99 253.85 971 12.50 9.59 0.00 18.47 6.16



Recipes for the Week

Day	Recipe Name	Recipe Number	HKM-B Recipe Page Number
Monday	Aloha Muffin Square	B-180	1
Tuesday	Star Spangled Pancakes	B-95	25
Wednesday	None		
Thursday	Breakfast Pita	B-131	11
	Tomato Salsa	129	34
Friday	Breakfast Lasagna	B-79	9

Recipe numbers reference the *Healthier Kansas Menus-Breakfast Recipes* booklet and KSDE's Nutri-Kids nutritional analysis of these menus.

Abbreviations

Abbreviation	What it Means	Abbreviation	What it Means
HKM - B	Healthier Kansas Menus - Breakfast	Tbsp	tablespoon
EP	edible portion	tsp	teaspoon
AP	as purchased	CCP	Critical Control Point
fl	fluid	PC	portion controlled *
oz	ounce	w/	with
lb	pound	M/MA	meat/meat alternate
gm	gram	F/V	fruit/vegetable
mg	milligram	G/B	grain/bread

* For example, purchase pre-portioned servings of condiments.

Portion Guide

Ladles & Spoodles	Scoops
1 fl oz = 2 Tbsp	#50 = 3 3/4 tsp
2 fl oz = 1/4 cup	#40 = 1 2/3 Tbsp
3 fl oz = 3/8 cup	#30 = 2 Tbsp
4 fl oz = 1/2 cup	#20 = 3 1/3 Tbsp
6 fl oz = 3/4 cup	#16 = 1/4 cup
8 fl oz = 1 cup	#12 = 1/3 cup
	#8 = 1/2 cup
	#6 = 2/3 cup

Purchasing, Preparation & Serving Instructions

Week 1 – Monday

Menu Item	Purchasing & Preparation	Serving
Aloha Muffin Square	<ul style="list-style-type: none"> Prepare Aloha Muffin Square, HKM-B Recipe B-180. Serve at room temperature. 	K-12: 1 piece cut 9 x 5
Whole Grain Cereal, variety	<ul style="list-style-type: none"> Purchase whole grain (first ingredient listed is whole grain) bulk or individual bowl pack portions (3/4 cup or 1 oz) which contain 35% or less weight from total sugar (or less than 9 g per 100 calories) and 1 g or more of fiber per serving. If bulk, purchase 1 oz per serving. 	K-12: 1 bowl pack or ¾ cup or 1 oz
Grapes, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Wash grapes. Remove from stems or separate out in smaller clusters. Cover and refrigerate until serving. Weigh out portion size and use as a sample 	K-12: 3 oz
Milk	<ul style="list-style-type: none"> Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Healthier Kansas Menus - Breakfasts – DAILY PRODUCTION RECORDS

WEEK 1 – MONDAY

Preparation Site: _____

Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #									Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-12				Age/Grade Group:						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Aloha Muffin Square	B-180	1 piece		.3	1.13							
Whole Grain Cereal, variety		1 bowl pack or ¾ cup or 1 oz			1.0							
Grapes, fresh		3 oz		.5								
Milk		½ pint										
Breakfast Component Total				.8	2.13							

Purchasing, Preparation & Serving Instructions

Week 1 – Tuesday

Menu Item	Purchasing & Preparation	Serving
Star Spangled Pancakes	<ul style="list-style-type: none"> • Prepare Star Spangled Pancakes, HKM-B Recipe B-95. • Purchase whole grain (first ingredient listed is whole wheat) heat and serve pancakes (at least 1.1 oz each). 	K-12: Serve 2 pancakes, 2 oz yogurt, 3 oz fruit
Sausage Links	<ul style="list-style-type: none"> • Purchase .5 oz portion CN labeled sausage product with no more than 20% fat or 10 gm per 1 oz serving. • Prepare according to manufacturer's directions. • CCP: Hold at 135° F or higher. 	K-12: 2 each
Fruit Juice Choice	<ul style="list-style-type: none"> • Offer variety of 2-3 choices of 100% full strength juice (apple, grape, orange and pineapple used for analysis). • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: 4 fl oz
Milk	<ul style="list-style-type: none"> • Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 1 -

Wednesday: Thaw bagels covered at room temperature.

Thursday: Defrost cubed ham under refrigeration.

Healthier Kansas Menus - Breakfasts – DAILY PRODUCTION RECORDS

WEEK 1 – TUESDAY

Preparation Site: _____

Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-12				Age/Grade Group:						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Star Spangled Pancakes	B-158	2 pancakes, 2 oz yogurt, 3 oz fruit	.5	.4	2.0							
Sausage Links		2 each	.5									
Fruit Juice, Assorted		4 fl oz		.5								
Milk		½ pint										
Breakfast Component Total			1.0	.9	2.0							

Purchasing, Preparation & Serving Instructions

Week 1 – Wednesday

Menu Item	Purchasing & Preparation	Serving
Whole Wheat Bagel	<ul style="list-style-type: none"> Purchase 1.8 oz or larger whole wheat (first ingredient listed is whole wheat) bagels. Toast bagels. Serve at room temperature with serving utensil OR gloved hand. 	K-12: 1 bagel
Orange, fresh	<ul style="list-style-type: none"> Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase oranges, size #113. Handle with gloved hands. Rinse. Cut in fourths. Cover and refrigerate. 	K-12: 1 orange
Milk	<ul style="list-style-type: none"> Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint
Cream Cheese	<ul style="list-style-type: none"> Portion cream cheese into ½ oz units or use a Tbsp for self service. CCP: Hold for cold service at 41° F or below. 	K-12: ½ oz or Tbsp
Jelly	<ul style="list-style-type: none"> Purchase .5 oz packets or purchase in bulk container. If bulk, purchase 6.25 cups per 100 1 Tbsp servings. 	K-12: 1 PC each or 1 Tbsp

Pre-preparation for Week 1 -

Thursday: Thaw pita bread covered at room temperature.

Friday: Defrost sausage under refrigeration.

Healthier Kansas Menus - Breakfasts – DAILY PRODUCTION RECORDS

WEEK 1 – WEDNESDAY Preparation Site: _____ Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-12				Age/Grade Group:						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Whole Wheat Bagel		1 each (1.8 oz)			2.0							
Orange, fresh		1 each		.6								
Milk		½ pint										
Cream Cheese		½ oz or 1 Tbsp										
Jelly		1 PC or 1 Tbsp										
Breakfast Component Total				.6	2.0							

Purchasing, Preparation & Serving Instructions

Week 1 – Thursday

Menu Item	Purchasing & Preparation	Serving
Breakfast Pita	<ul style="list-style-type: none"> Prepare Breakfast Pita, HKM Recipe B-131. Purchase ham containing no more than 11% fat or 2.5 gm per 1 oz serving. CCP: Hold for hot service at 135° F or above. 	K-12: ½ pita
Picante Sauce or Tomato Salsa	<ul style="list-style-type: none"> Purchase salsa that is as low in sodium as possible or prepare following Tomato Salsa, HKM recipe 129. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. May be served, self-serve or pre-portioned for service. CCP: Refrigerate until served. Hold for cold service at 41° F or below. 	K-12: 1 oz spoodle or 1 oz ladle or 2 Tbsp
Hash Brown Potatoes	<ul style="list-style-type: none"> Purchase diced, frozen, ovenable, unseasoned potatoes. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Follow manufacturer's directions for baking and holding. Batch cook. May add pepper or other non-sodium seasonings. CCP: Hold for hot service at 135° F or above. 	K-12: #8 scoop or 4 oz spoodle
Kiwi, fresh	<ul style="list-style-type: none"> Purchase medium, whole kiwi, size #39. Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Handle with gloved hands. Rinse and cut in half. Cover and refrigerate until serving. Offer a spoon to scoop out fruit. 	K-12: 1 each
Milk	<ul style="list-style-type: none"> Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 1 -

Friday: Chill cans of fruit cocktail in refrigerator.

Healthier Kansas Menus - Breakfasts – DAILY PRODUCTION RECORDS

WEEK 1 – THURSDAY Preparation Site: _____ Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-12				Age/Grade Group:						
		Serving Size	M/MA ozs	F/V cups	G/B units	Serving Size	M/MA ozs	F/V cups	G/B units			
Breakfast Pita	B-131	½ Pita	2.7		2.56							
Tomato Salsa	129	1 fl oz		.13								
Hash Brown Potatoes		#8 scoop or 4 oz spoodle		.50								
Kiwi		1 each		.38								
Milk		½ pint										
Breakfast Component Total			2.7	1.01	2.56							

Purchasing, Preparation & Serving Instructions

Week 1 – Friday

Menu Item	Purchasing & Preparation	Serving
Breakfast Lasagna	<ul style="list-style-type: none"> • Prepare Breakfast Lasagna, HKM Recipe B-79. Purchase sausage containing no more than 20% fat or 10 gm per serving. • Purchase a gravy mix with no more than 10 gm fat per fl oz and prepare according to package directions. • CCP: Hold for hot service at 135° F or above. 	K-12: 1 piece, cut 3 x 5
Fruit Cocktail	<ul style="list-style-type: none"> • Refer to <i>Fruit & Vegetable Order Guide</i> for amount needed. Purchase fruit cocktail packed in light syrup or juice. • Chill cans overnight. Wipe tops clean before opening. • Cover and refrigerate until serving. • CCP: Refrigerate and hold at 41° F or below for cold service. • Serve with slotted utensil. 	K-12: 4 oz spoodle
Milk	<ul style="list-style-type: none"> • Provide a variety of milk containing 1% or less fat. Milk may be flavored or unflavored. • CCP: Refrigerate and hold at 41° F or below for cold service. 	K-12: ½ pint

Pre-preparation for Week 2 -

Monday: Chill mandarin oranges.

Healthier Kansas Menus - Breakfasts – DAILY PRODUCTION RECORDS

WEEK 1 – FRIDAY

Preparation Site: _____

Date: _____

BREAKFAST			
		Meals Planned	Meals Served
Age/Grade Group	K-12		
Age/Grade Group			
Adult Meals			
Total Meals			

LUNCH			
		Meals Planned	Meals Served
Age/Grade Group			
Age/Grade Group			
Adult Meals			
Total Meals			

Menu Items and Condiments	Recipe or Product #	Component Contributions								Amount Prepared	Amount Leftover	Production Notes
		Age/Grade Group: K-12				Age/Grade Group:						
		Serving Size	M/MA oz	F/V Cup	G/B unit	Serving Size	M/MA oz	F/V cup	G/B unit			
Breakfast Lasagna	B-79	1 piece	.9		2.54							
Fruit Cocktail		4 oz spoodle		.5								
Milk		½ pint										
Breakfast Component Total			.9	.5	2.54							

Fruit & Vegetable Order Guide

Week 1

The chart below provides amounts to be ordered per 100 servings based on the serving sizes listed on Week 1 of *Healthier Kansas Menus – Breakfast Production Records* for students in grades groups K-12. Amounts to order are based on standard yields and leveled serving utensils or weighed portions. Use the following procedures to determine the amounts to order:

1. **Forecast** the number of servings needed for each fruit and vegetable menu item for each grade group served.
2. **Divide** the number of servings needed by 100 for each portion size.
3. **Multiply** the “Amount to order per 100 servings” by the factor determined in step 2 above for each portion size.
4. **Add** amounts needed for all serving sizes together to determine the amounts to order.

Abbreviations Key: **EP = Edible Portion** **AP = As Purchased** **lb = Pound** **oz = ounce** **# = Number**

Day	Fruit or Vegetable	K-12 Portion Size	K-12 Amount to Order per 100 Servings
Monday	Aloha Muffin Squares:	1 each, cut 9 x 5	
	Carrots, grated, raw		1 lb + 12 oz EP (2 lb + 8 oz AP)
	Raisins, seedless		1 lb + 12 oz
	Pineapple, crushed		.8 #10 can
	Applesauce		.4 #10 can
	Grapes, fresh, AP	3 oz	20 lb
Tuesday	Star Spangles Pancakes:	3 oz	
	Strawberries, fresh, AP		12 lb AP
	Blueberries, fresh, AP		6 lb AP
Wednesday	Oranges, fresh, whole, #113	1 orange	100 each
	Picante Sauce or	1 fl oz	.8 gallon (100 fl oz)
	Tomato, crushed, salsa-ready, canned (for Tomato Salsa)		1 #10 can
	Jalapeno Peppers, canned (for Tomato Salsa)		2 oz
	Hash Brown Potatoes, frozen, diced, ovenable, unseasoned	#8 scoop or 4 oz spoodle	26 lb
	Kiwi, fresh, 39 count	1 each	100 each
Friday	Fruit Cocktail, canned	4 oz spoodle	4.4 #10 cans

Notes